

Full Report (All Nutrients) 16070, Lentils, mature seeds, cooked, boiled, without salt

Report Date: November 17, 2015 01:50 EST

Nutrient values and weights are for edible portion.

Food Group : Legumes and Legume Products**Carbohydrate Factor: 4.07 Fat Factor: 8.37 Protein Factor:3.47 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1	Data points	Std. Error	1 cup 198g	1 tbsp 12.3g
		Value Per 100 g				
Proximates						
Water	g	69.64	23	0.753	137.89	8.57
Energy	kcal	116	--	--	230	14
Energy	kJ	487	--	--	964	60
Protein	g	9.02	23	0.191	17.86	1.11
Total lipid (fat)	g	0.38	22	0.014	0.75	0.05
Ash	g	0.83	22	0.040	1.64	0.10
Carbohydrate, by difference	g	20.13	--	--	39.86	2.48
Fiber, total dietary	g	7.9	--	--	15.6	1.0
Sugars, total	g	1.80	--	--	3.56	0.22
Minerals						
Calcium, Ca	mg	19	20	0.369	38	2
Iron, Fe	mg	3.33	20	0.239	6.59	0.41
Magnesium, Mg	mg	36	20	1.850	71	4
Phosphorus, P	mg	180	20	11.314	356	22
Potassium, K	mg	369	20	25.073	731	45
Sodium, Na	mg	2	16	0.153	4	0
Zinc, Zn	mg	1.27	21	0.057	2.51	0.16
Copper, Cu	mg	0.251	21	0.011	0.497	0.031
Manganese, Mn	mg	0.494	20	0.009	0.978	0.061
Selenium, Se	µg	2.8	--	--	5.5	0.3
Vitamins						
Vitamin C, total ascorbic acid	mg	1.5	--	--	3.0	0.2
Thiamin	mg	0.169	20	0.022	0.335	0.021

Nutrient	Unit	1			1 cup 198g	1 tbsp 12.3g
		Value Per 100 g	Data points	Std. Error		
Riboflavin	mg	0.073	20	0.002	0.145	0.009
Niacin	mg	1.060	20	0.092	2.099	0.130
Pantothenic acid	mg	0.638	8	0.027	1.263	0.078
Vitamin B-6	mg	0.178	8	0.004	0.352	0.022
Folate, total	µg	181	8	6.984	358	22
Folic acid	µg	0	--	--	0	0
Folate, food	µg	181	8	6.984	358	22
Folate, DFE	µg	181	--	--	358	22
Choline, total	mg	32.7	--	--	64.7	4.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	5	--	--	10	1
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	8	--	--	16	1
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.11	--	--	0.22	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.7	--	--	3.4	0.2
Lipids						
Fatty acids, total saturated	g	0.053	--	--	0.105	0.007
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.001	--	--	0.002	0.000
16:0	g	0.045	--	--	0.089	0.006

Nutrient	Unit	1			1 cup 198g	1 tbsp 12.3g
		Value Per 100	Data points	Std. Error		
	g					
18:0	g	0.005	--	--	0.010	0.001
Fatty acids, total monounsaturated	g	0.064	--	--	0.127	0.008
16:1 undifferentiated	g	0.001	--	--	0.002	0.000
18:1 undifferentiated	g	0.061	--	--	0.121	0.008
20:1	g	0.002	--	--	0.004	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.175	--	--	0.346	0.022
18:2 undifferentiated	g	0.137	--	--	0.271	0.017
18:3 undifferentiated	g	0.037	--	--	0.073	0.005
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.081	--	--	0.160	0.010
Threonine	g	0.323	--	--	0.640	0.040
Isoleucine	g	0.390	--	--	0.772	0.048
Leucine	g	0.654	--	--	1.295	0.080
Lysine	g	0.630	--	--	1.247	0.077
Methionine	g	0.077	--	--	0.152	0.009
Cystine	g	0.118	--	--	0.234	0.015
Phenylalanine	g	0.445	--	--	0.881	0.055
Tyrosine	g	0.241	--	--	0.477	0.030
Valine	g	0.448	--	--	0.887	0.055
Arginine	g	0.697	--	--	1.380	0.086
Histidine	g	0.254	--	--	0.503	0.031
Alanine	g	0.377	--	--	0.746	0.046
Aspartic acid	g	0.998	--	--	1.976	0.123
Glutamic acid	g	1.399	--	--	2.770	0.172
Glycine	g	0.367	--	--	0.727	0.045

Nutrient	Unit	1			1 cup 198g	1 tbsp 12.3g
		Value Per 100 g	Data points	Std. Error		
Proline	g	0.377	--	--	0.746	0.046
Serine	g	0.416	--	--	0.824	0.051
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein ^{1 2}	mg	0.00	2	--	0.00	0.00
Genistein ^{1 2}	mg	0.00	2	--	0.00	0.00
Glycitein ²	mg	0.00	1	--	0.00	0.00
Total isoflavones ^{1 2}	mg	0.00	2	--	0.01	0.00
Formononetin	mg	0.01	1	--	0.01	0.00
Coumestrol	mg	0.00	1	--	0.00	0.00

¹Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

²Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N. **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.**, 2006 Nutr. Cancer 54 pp.184-201